

# International Day of Happiness

Friday 20 March 2026



Leicestershire Partnership  
NHS Trust

This year's theme looks at how social media affects our happiness. It highlights the challenges it can create for our wellbeing as well as the positive ways we can use technology to support ourselves and others.

## Why happiness matters?

- Supports good mental health
- Strengthens relationships
- Boosts learning and motivation



## Habits to support happiness

- Get enough sleep and stay active
- Spend time with people who uplift you
- Take breaks from screens
- Be kind to others



## Need more support?

**MySelfReferral** - My Self-referral is a website available to young people up to the age of 18 who want advice and support for their mental health. It enables young people to self-care and access a broad range of advice, resources and services.

**Health For Teens** - Health for Teens is a fantastic resource for young people to find out more about health, covering the likes of feelings, growing up, health, lifestyle, relationships and sexual health.

**Health For Kids** - Find top tips and advice on all aspects of children's emotional and physical health, from keeping kids active and eating well, to building their confidence and equipping them to cope with specific health issues.

**NHS 111** - Head to **NHS 111 online** or call **111** and select the mental health option to get advice and support from trained professionals, day or night.

Scan this QR code or visit the link for more about our support services:

[leicspart.nhs.uk/mental-health](https://leicspart.nhs.uk/mental-health)



Mental Health Support  
Teams in Schools